

Cheesy Tortilla Mini Pizzas

Ingredients:

- 4 6-inch flour tortillas
- ½ c. chunky-style medium salsa
- ½ c. reduced-fat mozzarella or Monterey Jack cheese
- ½ c. chopped green pepper
- ½ c. frozen corn kernels, thawed
- ¼ c. chopped onion
- ¼ c. shredded sharp cheddar cheese

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Directions:

- Preheat oven to 350 F. Place tortillas on a baking sheet. Bake for about seven minutes, until crisp. Remove from oven and top each tortilla with about 2 tablespoons of salsa and 2 tablespoons of cheese. Sprinkle with green pepper, corn and red onion; top with cheddar cheese. Bake about five minutes, until cheese melts.

Makes four servings. Per serving: 182 calories, 6 grams (g) fat, 22 g carbohydrate and 135 milligrams calcium.

NDSU EXTENSION
SERVICE